

# RED TAIL FLYER

332nd Air Expeditionary Wing, Balad Air Base, Iraq

**EOD takes on big  
responsibility, dangerous duty**

Page 4

**Fallen Airmen memorialized  
at Balad Air Base**

Page 6





# contents

**JANUARY 19, 2007**



## Combat Airpower for America is ...

Precision weapons & sensors employment
Combat search and rescue
Precision air delivery of personnel & cargo
Command & control of tactical air battlespace
Senior airfield authority operating key airfields
<b>Combat support and battlefield Airmen</b>
Critical medical care for battlefield injuries

## 4 EOD takes on big responsibility, dangerous duty

Initial success or total failure. That's a suitable rallying cry for the Airmen assigned to the 332nd Expeditionary Civil Engineer Squadron's Explosive Ordnance Disposal Flight here.

## In every issue

**Fit 2 Fight 4 Freedom** \_\_\_\_\_ **10**

**Upon Further Review** \_\_\_\_\_ **11**

**Chapel Schedule** \_\_\_\_\_ **12**

**Movie Schedule** \_\_\_\_\_ **13**

## RED TAIL FLYER

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332nd Air Expeditionary Wing Commander

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The crimson used throughout the publication alludes to the original Tuskegee Airmen of the 332nd Fighter Group.

The Tuskegee Airmen were the first African-Americans to be trained as WWII military pilots in the U.S. Army Air Corps. They were known as the Red Tail Flyers because of the crimson paint scheme on their aircraft's tails.



Courtesy photo

**COVER PHOTO:** Senior Airman Kyle Preece, 332nd Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal Flight, works on the F6A robot as a vehicle borne improvised explosive device burns in the background.

# Balad Highlights



**Brig. Gen. Robin Rand**  
332nd Air Expeditionary Wing  
commander

## COMMANDER'S ACTION LINE

The Commander's Action Line is a way for Balad Air Base members to ask questions or express concerns about life on the base to Brig. Gen. Robin Rand, 332nd Air Expeditionary Wing commander.

General Rand gives action line queries his personal attention. The *Red Tail Flyer* will publish items that are of general interest to the base population.

In addition to using the commander's action line, Balad Airmen are asked to remember their chain of command when dealing with problems and concerns.

To reach the action line, send an e-mail to 332.  
[redtailflyer@blab.centaf.af.mil](mailto:redtailflyer@blab.centaf.af.mil).

To use the action line, include your name, unit and phone number for a timely response in case additional information is needed.



T U S K E G E E   A I R M A N   O F   T H E   W E E K



### STAFF SGT. RICHARD HARRINGTON

**Unit:** 64th Expeditionary Rescue Squadron

**Air Force specialty:** Aerial Gunner

**Home station:** Nellis Air Force Base, Nev.

**Family:** Married

**Years in the Air Force:** 8

**Deployments:** 7

**On-duty contribution at Balad:** Launched to find downed aircraft; he located the crash site and lifted 12 dead-on-arrival passengers to the Balad Air Force Theater Hospital. He manned the mini-gun for more than 14 hours on a mission to support a successful high-profile operation in Northern Iraq. Flew 7.6 combat hours and provided 120 hours of combat search and rescue alert.

**Off-duty contribution at Balad:** Validated unit training codes for more than 100 personnel. As a mentor, he instructed four new aircrew members in loading mission-critical communications security assets on CSAR helicopters. Displayed superb initiative by orchestrating a squadron clean-up plan in response to the inclement weather season.

## Weather outlook

**Today**



Sunny,  
Overnight Mist

**59/37**

**Saturday**



Mostly Cloudy,  
Rain

**55/37**

**Sunday**



Mostly Cloudy,  
Rain

**58/41**

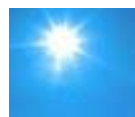
**Monday**



Mostly Cloudy,  
Morning Mist

**55/41**

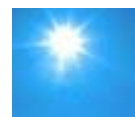
**Tuesday**



Sunny

**57/37**

**Wednesday**



Sunny

**60/37**

**Thursday**



Sunny

**64/37**



# EOD takes on big responsibility, dangerous duty

**By Maj. Richard C. Sater**  
332nd Air Expeditionary Wing Public Affairs

Initial success or total failure!

That's not only a true statement but also a suitable rallying cry for the Airmen assigned to the 332nd Expeditionary Civil Engineer Squadron's Explosive Ordnance Disposal Flight here.

The flight consists of approximately 40 Airmen deployed from 10 different EOD units to fill two distinct missions, one on base and one outside the wire.

The Air Force EOD mission is unique from the other services in that respect, according to flight commander Capt. Kristy Youngpeter, deployed from the 49th Civil Engineer Squadron, Holloman Air Force Base, N.M. The on-base mission is more traditional USAF EOD – responding to unexploded ordnance on the flightline, providing damage assessment following indirect fire attacks, deconflicting any hung munitions or flares on an aircraft.

That's critical to the 332nd Air Expeditionary Wing's providing combat airpower in support of



Courtesy photos

*Senior Airman Ben Clement and Staff Sgt. Billy White, 332nd Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal Flight, search for projectiles in response to a weapons cache.*

national objectives. "The faster we can clear the runway of a UXO or clear hung ordnance on an aircraft, the sooner we can get

back in the fight," she says.

The non-traditional mission takes them off base for an "in-lieu-of" mission – Airmen standing in for Soldiers, who traditionally manage the response to improvised explosive devices. Though administratively assigned to the Air Force, ILO Airmen are tactically controlled by another branch of service – either Army or Navy. The 332nd's EOD flight reports to a Navy unit which, in turn, answers to an Army Task Force – emblematic of the joint operating environment in this theater.

Approximately 15 members of the 332nd's EOD flight are slotted against the airfield support positions, and about 25 against ILO billets, but "they're interchangeable, trained to the exact same level and fully capable

of doing either mission," Captain Youngpeter says.

That's important, because those specifically tasked to support the airfield also augment the outside-the-wire forces simply because the need is so great, she says. "One day, we might respond to a UXO on the flightline and the next day, a VBIED (vehicle-borne improvised explosive device) on a main supply route" outside the base, she says.

As such, EOD Airmen are a force provider for the entire air and ground mission, here and at other bases in country, including Kirkuk Regional Air Base and Sather and Ali Bases.

It's a big responsibility, and dangerous, particularly since the biggest part of the work involves



*Tech. Sgt. Dave Larriva, 332nd ECES Explosives Ordnance Disposal Flight, works in a home filled with material used to make improvised explosive devices.*

— see EOD, Page 5

## EOD, continued from Page 4

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the response to improvised explosive devices, the biggest threat on Iraq's roads today. Thus, EOD capability is in high demand.

"The counter-IED fight is a huge fight," Captain Youngpeter says "The insurgents have it down to fine science."

The EOD personnel here also have it down to fine science. They're well-trained to respond to explosive hazards of any kind, whether IED, weapons cache, or bomb in basement. In most cases, the team detonates the stuff in place to get rid of it.

The team also responds to blast sites after the fact to clear hazards from the area and conduct post-blast assessments to see what can be learned. Each one makes the team smarter, better able to respond and react. The flight also conducts route-reconnaissance missions as well, clearing off-base roads for safe traffic. For all "outside the wire" taskings, the EOD teams are accompanied by U.S. Army-led security forces.

Inside the base, the teams conduct the controlled detonations that take place regularly to get rid of munitions or other explosive devices collected by Soldiers during off-base missions. The EOD flight also works with the provost marshal to monitor the "amnesty" boxes placed on base, into which troops are invited to drop ammunition or other objects they should not have in their possession. Finally, the team provides assistance at the Air Force Theater Hospital to de-arm incoming patients before they're taken into the facility.

It's a 24-hour operation, and the flight keeps three teams on duty at all times to respond to on-base and off-base requirements, and one for back-up if necessary.

As the largest EOD unit in Iraq, the flight has its hands full, working for all branches of the service to provide requested capability. "It's a balancing act," Captain Youngpeter says, ensuring all requirements are met through the various chains-of-command through which the team reports.

The team members are fully committed to their unique mission, and the captain is proud of them. "As long as they get to do EOD work, they're happy," she says.

Team members agree one of the perks of EOD response is "we get to do our job," according to Staff Sgt. Eric Adams, deployed from the 96th CES, Eglin AFB, Fla. "This is stuff we've trained and trained and trained on,



Courtesy photo

*Staff Sgt. Dan Batt, 332nd Expeditionary Civil Engineer Squadron Explosive Ordnance Disposal Flight, conducts a post-blast analysis of an improvised explosive device crater.*

and now we have a huge theater to do it in."

The work is inherently dangerous, and no amount of training can remove that potential threat.

"We're very aware of the sacrifices and the impact on the families," the captain says. But faith in their training, their equipment – and most importantly, each other – ensures that the job gets done.

In addition to personal protective gear, the teams drive fortified vehicles including the Joint EOD Rapid Response Vehicle., commonly referred to as the "JERRV." Teams responding to threats carry "robots" like the Talon-3 that are specially designed to de-arm unexploded munitions by remote control.

"You feel safe riding in the JERRV," says Senior Amn. Ben Clement, also deployed from the 775th Civil Engineer Squadron EOD unit, Hill Air Force Base, Utah. And when the situation becomes tense, "you keep going. You're geared on what you're doing. You don't get complacent, but you expect" something to happen. And, of course, built into the work is "that constant adrenaline rush!"

Sergeant Adams is on his second deployment here, and he feels much more prepared this time. "We're better equipped now," he says. "We didn't have the robots last time." Technology changes constantly, making the team better equipped to deal with the

inherent hazards of the job.

So far, the skill and training and equipment have held the team in good stead. And no one will discount a little luck. "When a mission goes off without a hitch, it's a good feeling," Sergeant Adams says.

"I was nervous at first," says Staff Sgt. Corey King, deployed from the 52nd Civil Engineer Squadron, Spangdahlem Air Base, Germany. "But I learned to accept that something might happen. I have respect for the possibility that something could go off, but I don't fear it."

"I've been blown up four times," says Airman Clement cheerfully – and his enthusiasm remains intact. This is his first deployment, but "I'd do it over again. I'd rather stay here. It's the life."

"We're filling a vital role here," he continues. "We're stopping coalition forces and civilians from being wounded" by IEDs. Local townspeople help them out sometimes, leading them to weapons caches or pointing out hidden explosives. "They get tired of it," he says, and their thanks afterward make him feel good.

"We need to be patient," he says. "Things don't change automatically."

In the fight, on base and off, the 332nd ECES/EOD Flight is doing what it can to bring about that positive change.



# Fallen Airmen memorialized at Balad Air Base

By Maj. Richard Sater

332nd Air Expeditionary Wing Public Affairs

Even the sky was crying.

As light drained from the sky over Balad Air Base, 32 Airmen stood in formation at the position of attention, unmindful of the steady rain. A narrator solemnly read 32 names. As each was announced, an Airman from the formation took one step forward, acknowledging the life and spirit of a fellow Airman killed in action during Operation Iraqi Freedom.

The occasion of the formation and the ceremony held Jan. 12 was the unveiling of the 332nd Air Expeditionary Wing's new monument to honor fallen Airmen – the 32 men and women so far who have lost their lives in the war. Some were pilots, some were security forces specialists, some were administrative technicians or radio operators; all shared a common fate – and the fullest commitment to service before self.

The ceremony opened with the posting of the colors, the National Anthem, and a chaplain's invocation. Following the reading of the names, a 21-gun salute, and the playing of "Taps," the monument was unveiled.

Constructed of welded steel and mounted on a concrete piling in front of the wing headquarters building, the monument is solid, austere, permanent. Its top angles forward with a smooth black plate covering the surface. Each fallen Airman's name is engraved on an individual black plate, framed with silver so that it stands out. Above each name is the chrome Air Force functional badge to identify the career field of the Airman.

At the bottom of the black face plate is an inscription that serves as a statement of purpose: "This memorial is dedicated to those airmen who served in Operation Iraqi Freedom and made the ultimate sacrifice for their nation ... They served our nation at a time of its greatest need and faced the enemy at the front lines."

"This is not just a memorial. It's a work of art, forged and crafted by a great young American," said Chief Master Sergeant Scott Dearduff, 332nd Air Expeditionary Wing command chief.

The dedication of the monument itself was only a small part of the ceremony. "The monument stands as a tribute to all the airmen and their families who made the



Photo by Airman 1st Class Chad Kellum

(From left) Airman 1st Class Neil Ketchem, 332nd Expeditionary Civil Engineer Squadron structures specialist; Brig. Gen. Robin Rand, 332nd Air Expeditionary Wing commander; Master Sgt. Daniel Holdridge, 332nd ECES and Airman Ketchem's supervisor; and Chief Master Sgt. Scott Dearduff, 332nd AEW command chief; pull the tarp off a monument built by Airman Ketchem to honor all Airmen who've died in support of Operation Iraqi Freedom.

ultimate sacrifice for their nation and fellow service members," said Brig. Gen. Robin Rand, 332nd AEW commander. "Each person named on this monument was taken from us too soon."

The monument holds special significance for the general, as he had served with – and commanded – some of the men and women whose names appear on it. "Their loss stings me deeply, but I will never forget them or their unselfish commitment," the general said. "They will not be forgotten, and this memorial is a testament to their greatness."

The wing's original "Fallen Airmen" memorial was designed and built at Talil Air Base (now Ali Base), the former home of the 332nd Air Expeditionary Wing. When the wing relocated to Balad in 2004, the memorial remained where it had been originally placed.

The wing has lost six assigned Airmen during the Air Expeditionary Force 3/4

rotation, and the time had come to dedicate a new memorial.

Several of the wing's chief master sergeants initiated the effort, and the construction was tasked to the 332nd Expeditionary Civil Engineer Squadron.

The monument came to life under the hands of Airman 1st Class Neil Ketchem, a structures specialist deployed here from the 75th Civil Engineer Group, Hill Air Force Base, Utah, who cut, bent, welded, and transformed scrap steel into a monument.

Though a skilled metal worker, Ketchem said, "I've never done anything like a monument." He made "plenty of sketches of different ideas" as he was preparing, he said.

"I was asking everybody for input" on various designs, he said, until he came up with something that everyone liked. Working with 8-by-4-foot sheets of thin steel, he

— see **MEMORIALIZED**, Page 7

## MEMORIALIZED, continued from Page 6

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crafted the monument over a six-week period, an acetylene torch being his primary tool.

One challenge was the Air Force symbol that embellishes the front of the monument. “I needed blue steel,” Ketchem said. He researched on the Internet and found step-by-step directions. Through heat manipulation, he was able to change the gray steel to a deep blue to make the symbol.

Input from the chiefs provided the finishing touches, including the addition of the specialty badges to the top plate.

“It’s awesome,” the Airman said of the completed project. “I love doing metal work. This was an honor.”

In addition to support from the 332nd ECES, a number of other agencies and organizations provided assistance in completing the memorial, including the Army-Air Force Exchange Service in Europe, which provided the engraved name plates and the Air Force functional badges. The 332nd Expeditionary Aeromedical Evacuation Flight facilitated airlift for the engraved name plates and the badges.

Over 3,000 American service members have given their lives in support of the Global War on Terrorism, including the 32 Airmen named on the 332nd memorial.



Photo by Staff Sgt. Alice Moore

Airman 1st Class Neil Ketchem, 332nd Expeditionary Civil Engineer Squadron structures specialist, works on the pedestal of the monument to Airmen who’ve died while supporting Operation Iraqi Freedom. Airman Ketchem’s supervisor, Master Sgt. Daniel Holdridge, looks on.



Photo by Airman 1st Class Chad Kellum

(From left) Brigadier Gen. Robin Rand, 332nd Air Expeditionary Wing commander, and Airman Ketchem view the monument built by Airman Ketchem. The monument was unveiled during a ceremony in front of the wing headquarters building Jan. 12.





Photos by Staff Sgt. Michael Holzworth

## Testify

(Left) Master Sgt. Cynthia Smalls, 332nd Expeditionary Security Forces Squadron, sings "Let the Praise Begin" by Fred Hammond with the likeness of Dr. Martin Luther King Jr. displayed in the background. The 332nd Air Expeditionary Wing observed Martin Luther King Jr. Day in a ceremony at Town Hall Sunday.

(Below) Senior Airman Armond Veazie, Staff Sgt. David Medina, Staff Sgt. Robert Wooten and Staff Sgt. Devin Carter, all of the Balad Air Base Honor Guard, post the colors at the Martin Luther King Jr. Day observation Sunday.



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## Around the **Air Force**

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# DoD releases results of 2005 health-related behaviors survey

**WASHINGTON** – The Department of Defense announced results Jan. 12 of its "2005 Survey of Health Related Behaviors Among Active Duty Military Personnel."

The findings show notable decreases in the use of cigarettes and illegal drugs since initiation of the surveys in 1980 and progress toward meeting selected Healthy People 2010 objectives.

The 2005 survey, however, revealed rates of heavy drinking remain elevated, especially among our young people, use of smokeless tobacco has increased, and even though most servicemembers engage in moderate or vigorous exercise, more of them meet criteria for being overweight.

This survey indicates the majority of U.S. armed forces, although under heavy work stress during the current wartime environment, use positive coping mechanisms to deal with stress.

"These survey findings provide useful information for the department to target programs that continue to enhance the physical and mental well-being of our troops," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs. "I'm pleased, and even surprised, that despite the stresses of war, nearly all indicators of servicemembers' health and well-being continue to be good compared with civilian populations."

This is the ninth anonymous survey asking active duty service members about various lifestyle and health-related behaviors.

In addition to substance use, the survey also assesses national health status goals from the Department of Health and Human Services' Healthy People 2010 objectives, nutrition and weight management measures, mental well-being of the force, and deployment issues.

More than 16,000 servicemembers, randomly

selected to represent men and women in all pay grades of the active force throughout the world, completed the survey.

DOD continually monitors the general health of its members, their modifiable lifestyle behaviors and the effects of combat and operational-related stressors through the DOD level programs such as: Defense Lifestyle Assessment Program, deployment health programs, and Healthy Choices for Life initiatives. Each service also has comprehensive programs in place to help returning servicemembers and their families deal with their overall physical and mental health, especially with deployment experiences.

The 2005 survey was conducted independently under contract by RTI International.

*Air Force News Service*





Photo by Chief Master Sgt. Bryce Maxson

Airmen from the 438th Air Expeditionary Group retrieve one of the newly assigned A-10 Thunderbolt aircraft Wednesday afternoon at Al Asad Air Base, Iraq. This marks the first time an A-10 unit has been in direct support of Operation Iraqi Freedom since 2003.

## Thunderbolts set to soar in Al Anbar province

By 1st Lt. Landon Derentz  
332nd Air Expeditionary Wing Public Affairs

**AL ASAD AIR BASE, Iraq** — Perched on a sand-swept plateau near the Euphrates river in Western Iraq, A-10 Thunderbolts assigned to the 438th Air Expeditionary Group landed one by one at their new home here Wednesday.

Two days earlier, a formation of more than 200 Airmen, in stark contrast to the flat desert landscape, assembled for the 438th AEG activation and assumption of command ceremony, marking the first time an A-10 unit has been in direct support Operation Iraqi Freedom since 2003.

“We feel extremely honored to support the Combined Forces Air Component Commander’s mission in Iraq and to be joining the proud heritage of the 332nd Air Expeditionary Wing — the Tuskegee Airmen,” said Col. Patrick Malackowski, the new 438th AEG Commander, during the group’s activation.

The primary mission of the 438th AEG is to provide a steady source of close air support for coalition forces in the often-hostile Al Anbar province, a role the aircraft is specially designed to handle.

Like the majority of Air Force assets in Iraq, the 438th AEG falls under the 332nd

Air Expeditionary Wing at Balad.

Brig. Gen. Robin Rand, the 332nd AEW commander, presided over the ceremony and welcomed the 438th AEG into the wing.

“Just like the P-47 Thunderbolts that provided closed air support for Marines storming the beaches of Iwo Jima 60 years ago, the modern-day warriors of this group will soon be providing close air support in A-10 Thunderbolts for Marines on the streets of Ramadi and Fallujah,” said General Rand. “Together, we will influence the course of history and help Iraq transition to democracy.”

At Al Asad Air Base, the A-10s will join the 3rd Marine Aircraft Wing (Forward), soon to be replaced by the 2nd MAW (Forward), as the primary units operating from the base. Marine F-18 Hornets, C-130 Hercules, EA-6 Prowlers, AV-8B Harriers and several types of rotary wing aircraft are currently in use here.

With the addition of the A-10s, the 332nd AEW now has five primary aircraft in its inventory, including F-16 fighters, C-130 transports, Predator unmanned aerial vehicles and HH-60 combat-search-and-rescue helicopters. The addition of the Thunderbolts greatly increases the wing’s role in providing precision weapons and sensors employment.

“In my opinion there are no pilots who perform close air support better than A-10 pilots,” said General Rand. “The 438th Air

Expeditionary Group’s mission against anti-Iraqi forces will be vital in helping to secure victory in Iraq.”

The A-10s are deployed from the 74th Fighter Squadron, Pope Air Force Base, N.C. Their distinctive shark teeth nose art identifies them as direct descendants of the famed World War II P-40 fighters known as the “Flying Tigers.” The original shark’s teeth and eyes were designed to scare enemies during battles in Burma and China.



Photo by Tech. Sgt. Reindale Hill

(Center) Brigadier Gen. Robin Rand, 332nd Air Expeditionary Wing commander, and (right) the new 438th AEG commander, Col. Patrick Malackowski, salute during the playing of the National Anthem at the 438th AEG activation and assumption of command ceremony at Al Asad AB, Iraq, Monday.

# Improve performance through good nutrition

*(Editor's note: This is the second of a two-part series.)*

## Nutrient requirements

Carbohydrates are important to maintain blood glucose levels during exercise and to replace muscle glycogen.

Recommendations for athletes range from 6 to 10 grams per kilogram of body weight per day. The amount required depends upon the intensity and duration of workout, type of sport performed, environmental conditions and individual athlete differences.

If you are sedentary due to injury or your activity decreases, your nutrient requirements will also decrease to about 4 grams per kilogram of body weight per day.

Protein requirements are slightly increased in highly active people.

Protein recommendations for endurance athletes are 1.2 to 1.4 grams per kilogram of body weight per day, whereas those for

resistance and strength-trained athletes may be as high as 1.6 to 1.7 grams per kilogram of body weight per day.

Protein intakes can generally be met through diet alone without the use of protein or amino acid supplements, if energy intake is adequate. No additional benefits are gained with protein intakes greater than 2.0 grams per kilogram of body weight per day.

Fat intake should not be drastically restricted because it does provide energy, fat-soluble vitamins and essential fatty acids. Conversely, there is no scientific basis on which to recommend high-fat diets to athletes.

Dehydration decreases exercise performance; thus, adequate fluid before, during and after exercise is necessary for health and optimal performance.

Athletes should drink enough fluid to balance their fluid losses. Athletes should consume 14 to 22 ounces of fluid two hours before exercise and 4 to 8 ounces of fluid every 15 to 20 minutes depending on tolerance during exercise.

After exercise, the athlete should drink adequate fluids to replace sweat losses during exercise. The athlete needs to drink at least 16 ounces of fluid for every pound of body weight lost during exercise.

The athletes at greatest risk of micronutrient (vitamin and mineral) deficiencies are those who restrict energy intake or use severe weight-loss practices, eliminate one or more food

groups from their diet, or consume high-carbohydrate diets with low micronutrient density.

Athletes should strive to make dietary choices that include all food groups. This will ensure the recommended daily allowances for all micronutrients are met from food thus minimizing the need for supplementation.

Protein needs of athletes have received considerable investigation, not only in regard to whether athletes' protein requirements are increased, but also in relation to whether individual amino acids are a benefit to performance. The research literature does support increased protein requirements for athletes because of the need to repair exercise-induced microdamage to muscle fibers, use of small amounts of protein as an energy source for exercise and the need for additional protein to support gains in lean tissue mass.

If protein needs are increased, the magnitude of the increase may depend on the type of exercise performed, the intensity and duration, and possibly the gender of the participants.

For endurance athletes, nitrogen balance studies in men suggest a protein recommendation of 1.2 grams per kilograms of body weight per day. Little information is available regarding the requirements of endurance athletes who are women.

Resistance exercise is thought to increase protein requirements even more than endurance exercise, and it has been

recommended that experienced strength athletes consume 1.6 to 1.7 grams per kilogram of body weight per day to allow for the accumulation and maintenance of lean tissue. Data on female strength athletes is not available.

It is worth noting that the customary diets of most athletes provide sufficient protein to cover even the increased amounts that may be needed.

Although resistance exercise usually requires less energy than endurance exercise, the total energy needs of athletes participating in strength training and bodybuilding may be as high as those of endurance athletes because of increased body size and high levels of fat-free mass.

In circumstances in which an increase in lean body mass is the goal, energy intake must be sufficient to meet the needs for muscle growth. Thus, many strength athletes may need 44 to 50 calories per kilogram of body weight per day, and those in serious training may have even higher energy requirements.

Be honest in how you classify yourself. If your activity ranges from sedentary to a recreational athlete, your goals can be achieved through smart food choices and training. Even with well-trained or elite athletes, supplementation does not guarantee success.

*Information provided by the  
332nd Expeditionary Aerospace  
Medicine Squadron*

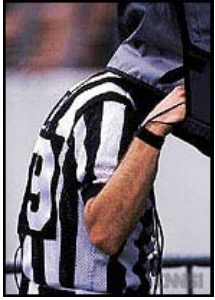
## What is an athlete?

- Sedentary and untrained
- Training for general health and fitness: 0.5 to 1 hour, three to five times per week
- Recreational athlete: 1 to 1.5 hours, three to five times per week
- Well-trained athlete: 1.5 to 3 hours, five to seven times per week
- Elite or world-class athlete: 2 to 6 hours, six to 10 times per week

## Red Tail Fitness Center weekly fitness schedule

Friday	Sunday	Monday	Tuesday	Wednesday	Thursday	Jan. 26
Lower back – 7 a.m. Yoga – 9 a.m., noon Spin – 3:30 p.m. Abs – 9 p.m.	Spin – 1:30 a.m. Yoga – Noon Abs – 8 p.m.	Spin – 8 a.m., 3:30 p.m. Cardio Funk – 8 p.m.	Cardio Funk – 7 a.m. Yoga – Noon Spin – 3:30 p.m., 8:30 p.m. Abs – 8:30 p.m.	Spin – 3:30 p.m. Cardio Funk – 8 p.m.	Spin – 1:30 a.m., 6 a.m., 8 a.m., 3:30 p.m.	Lower back – 7 a.m. Yoga – 9 a.m., noon Spin – 3:30 p.m. Abs – 9 p.m.





# UPON FURTHER REVIEW

*(Editor's note: Upon Further Review is a weekly column in which Senior Airman Josh Moshier and Master Sgt. Kirk Clear of the 332nd Air Expeditionary Wing Public Affairs Office debate their views on hot sports topics, games and items of interest. They rarely agree on sports, and when they do, you won't see it here.)*

## The Clear View: Enjoy your youth while you can

Recently, we watched with awe as young golf phenom Tadd Fujikawa made the cut in a PGA tournament just four days after his 16th birthday. He went on to finish tied for 20th place.

Our question this week revolves around whether there should be an age limit to compete in professional sports.

I'm not going to lie — it was fun to watch Fujikawa's emergence from obscurity this past week. He became the second youngest person in history to make a cut in a PGA tour event.

All this excitement at such an early age has consequences. Do you remember what happened to young tennis star Jennifer Capriati? The fame and fortune at such an early age led to drinking, drug use and bad behavior.

Does anyone remember a young golfer named Ty Tryon who turned pro at age 16? He was tabbed as an exceptional player. By the way, he never made it on the PGA tour; he's playing on that well-known Asian Tour.

Michelle Wie is an outstanding golfer and just turned pro last year. Now 17, she just got accepted to attend Stanford University. But since she gave up her amateur status she won't be able to play on the school's golf team. She'll never get to know how much fun it is to play for school spirit.

There are almost as many examples of teenage sports phenoms as there are child actors who folded under the pressures.

These select few outstanding athletes cause parents to think that their child can be the next Tiger Woods. As the father of three athletic kids, I see parents pushing their children all the time to where it is no fun for them anymore.

This pushing also has an impact on their health. About 3.5 million American children between 5 and 15 suffer sports-related injuries every year.

All professional sports associations should set reasonable minimum age levels like the NFL and NBA. Let the kids be kids and enjoy their youth.

## Mo Knows: Age limits are un-American

I can't believe what I just read from a man who's spent the past 21 years of his life defending the Constitution and American way of life.

You mean to tell me Tadd Fujikawa, Michelle Wie and other ultra-talented young athletes shouldn't have the opportunity to compete at the highest level because of their age?

My question to you is what's the difference between not allowing someone to pursue a career because he's too young from forcing someone into early retirement because he's too old? My answer is absolutely nothing — they're both discriminatory actions based on age. And, last time I checked, discrimination on any number of fronts, age included, is un-Constitutional.

Do I think more young athletes should seek better guidance on when, or if, to turn professional? Of course I do. For every straight-to-the-NBA superstar we've seen, there are a dozen more who made the leap and failed miserably. You're on point with the flame-outs; most kids probably aren't ready to handle the pressure of

professional sports, which brings me back to my point of seeking better guidance. Better yet would be if all these kids had parents who weren't blinded by the riches Junior might generate, but that doesn't mean Junior still shouldn't have the choice.

In most cases, turning pro early turns out to be a poor choice. However, as LeBron James, Kevin Garnett, Andruw Jones and others have proven, it's not always a poor choice.

The bottom line is money. Talented young athletes like Greg Oden at Ohio State are facing multi-million dollar contracts which could set them and their families up financially for life. To play off your injury line, what happens if, God forbid, Oden suffers a career-ending knee injury at OSU? Knowing full well he would've opted for the NBA draft last spring, do you believe that hypothetical scenario sits well with him?

Some kids are the exception. If a kid has the talent and maturity to deal with the pressure, and if someone is willing to pay him, exceptions need to be made.

*Now it's up to you, Tuskegee Airmen. Who's right? You decide. Sound off on the RTF's self-proclaimed sports gurus, or suggest a topic for discussion in a future column, in an e-mail to [332.redtailflyer@blab.centaf.af.mil](mailto:332.redtailflyer@blab.centaf.af.mil).*



## Condensed sports schedule

### NBA

Saturday, AFN Sports, 4 a.m.  
*Detroit at Minnesota*

Saturday, AFN Sports, 6:30 a.m.  
*Cleveland at Denver*

Saturday, AFN Xtra, 6:30 a.m.  
*Milwaukee at Seattle*

Saturday, AFN Xtra, 11:30 p.m.  
*Memphis at Los Angeles Clippers*

Sunday, AFN Xtra, 6:30 a.m.  
*Cleveland at Golden State*

Sunday, AFN Xtra, 9 p.m.  
*Dallas at Miami*

### NHL

Saturday, AFN Prime, 5 a.m.  
*Anaheim at Calgary*

Saturday, AFN Xtra, 9 p.m.  
*Atlanta at New York Rangers*

### NCAA BASKETBALL

Saturday, AFN Sports, 9:30 p.m.  
*Georgia at Alabama*

Saturday, AFN Prime, 9:30 p.m.  
*Texas at Villanova*

Saturday, AFN Prime, 11:45 p.m.  
*Indiana at Connecticut*

Saturday, AFN Sports, 11:45 p.m.  
*LSU at Arkansas*

### NFL PLAYOFFS

Sunday, AFN Sports, 11 p.m.  
*New Orleans at Chicago*

Monday, AFN Sports, 2:30 a.m.  
*New England at Indianapolis*

Schedule is subject to change. For a complete list of all AFN programming, visit <http://myafn.dodmedia.osd.mil/>.

## For the love of chocolate

**By Chaplain (Maj.) Mack Praytor**  
332nd Air Expeditionary Wing chaplain

The world's record holder for the largest chocolate cravings of all-time has to be Martin Keys.

His "sweet tooth" got him in some serious trouble.

In 1998, he went on trial in Europe for plotting to steal 1.5 million candy bars. That is equivalent to eight truckloads of chocolate bars.

Moderation is a good thing. Genesis 1:31 tells us: "God saw all that he had made, and it was very good."

All the good things God created are here for our use and benefit. However, all these good things, when used to excess or improperly, cease to be good and can do us harm.

Chocolate, unless you have an allergy to it, is a good and enjoyable sweet for most people. But 1.5 million candy bars aren't good for anyone. Fifteen bars are even excessive. But a candy

bar, from time to time, can be appreciated and savored. This is true with anything.

The same is true with exercise.

Exercise is good for us. But exercise is only good for us when done in moderation.

We all know what it is like to "overdo" it.

Jogging two miles three days a week is a good thing for someone who exercises regularly, but that same person

would be foolish to decide to run a marathon without proper training. So while exercise is good for us, over-exercising is not.

This is true in every area of our lives. Reading, talking on the phone, brushing our teeth, watching TV, eating, working,

use of the Internet, sleeping, drinking, and everything else we do are all good when done in moderation or appropriately.

I recently read where Jennifer Strange, a 28-year-old woman from Sacramento, Calif., died

from "water intoxication." She competed in a radio station's contest to see how much water she could drink without urinating. That's just another

example of how something as good for you as water can be fatal if not used in moderation.

So what area of your life is in need of a moderating influence? What qualifies as your 1.5 million candy bars? Where are your struggles with excess? Maybe it's

**"There is a form of self-control that says 'yes' to what we should do, as well as that which says 'no' to what we shouldn't do."**

~ Jerry Bridges,  
Christian author, minister

time to take inventory.

See 2 Peter 1:6: "Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness."



## Balad Religious Schedule

### Catholic Services

#### Daily Mass

5 p.m. Monday through Friday

Tuskegee Chapel

#### Saturday

4:30 p.m. Reconciliation

Tuskegee Chapel

5 p.m. Mass

Tuskegee Chapel

#### Sunday

9 a.m. Sunday Mass

Tuskegee Chapel

11 a.m. Sunday Mass

AFT Hospital Chapel

Confessions available by appointment

### Protestant Services

#### Sunday

9:30 a.m. Traditional Service

AFT Hospital Chapel

10 a.m. Contemporary Service

Town Hall

11 a.m. Liturgical Service (Episcopal)

Tuskegee Chapel

2 p.m. Church of Christ

Tuskegee Chapel

2 p.m. Gospel Service

AFT Hospital Chapel

3:30 p.m. Gospel Service

Tuskegee Chapel

5:30 p.m. Traditional Service

Tuskegee Chapel

8:15 p.m. Traditional Service

AFT Hospital Chapel

#### Wednesday

8 p.m. Midweek Contemporary Worship Service

Tuskegee Chapel

### Other Services

#### Sunday

7 p.m. Latter Day Saints Sacraments

Tuskegee Chapel

8 p.m. Latter Day Saints Sunday School

Tuskegee Chapel

#### Friday

7 p.m. Friday Shabbat Service

Tuskegee Chapel Office

For more information on worship opportunities or needs, call 443-7703.

For the after-hour duty chaplain, call 443-3320.





**Today**

- 2 p.m. — Let's go to Prison
- 5 p.m. — Happy Feet
- 8:30 p.m. — Code Name: The Cleaner

**Saturday**

- 2 p.m. — Borat
- 5 p.m. — Code Name: The Cleaner
- 8 p.m. — Stranger Than Fiction

**Sunday**

- 2 p.m. — Code Name: The Cleaner
- 5 p.m. — A Good Year
- 8 p.m. — Happy Feet

**Monday**

- 5 p.m. — Flushed Away
- 8 p.m. — Let's go to Prison

**Tuesday**

- 5 p.m. — Stranger Than Fiction
- 8 p.m. — Code Name: The Cleaner

**Wednesday**

- 5 p.m. — Happy Feet
- 8 p.m. — Borat

**Thursday**

- 5 p.m. — Code Name: The Cleaner
- 8 p.m. — Stranger Than Fiction

**Jan. 26**

- 2 p.m. — Deck the Halls
- 5 p.m. — Casino Royale
- 8:30 p.m. — Freedom Writers

**Code Name: The Cleaner**

*Cedric the Entertainer, Elizabeth Hurley*

An amnesiac janitor, who is duped into thinking he is an undercover agent, is subconsciously carrying a secret that can link the FBI with an arms scandal. Rated PG-13 (sexual content, crude humor, violence) 84 minutes

**Stranger Than Fiction**

*Will Ferrell, Maggie Gyllenhaal*

A comedy about a novelist who's struggling to complete her latest book. There's only one problem — she has to find a way to kill off her main character, Harold Crick, and she'll be done. Little does she know, Harold Crick is inexplicably alive and well in the real world, and is suddenly aware of her words. Fiction and reality collide when the bewildered and resistant Harold hears what she has in mind and realizes he must find a way to change her, and his, ending.

Rated PG-13 (disturbing images, sexuality, nudity) 113 minutes

**Let's go to Prison**

*Dax Shepard, Will Arnett*

Felon John Lyshitski has figured out the best way to get revenge on the now-dead judge who sent him to jail: watch the official's obnoxious son, Nelson Biederman IV, survive the clink. John strikes gold when Nelson is wrongly convicted of a crime and sent to the pen John used to call home. He gleefully gets sent back to become Nelson's cellmate and to ensure his new buddy gets the "full treatment." Rated R (language, sexual content, violence) 89 minutes

**Happy Feet**

*Savion Glover, Elijah Wood*

Set deep in Antarctica and into the land of Emperor Penguins, where each needs a heart song to attract a soul mate, a penguin is born who cannot sing. Mumble, son of Memphis and Norma Jean, is the worst singer in the world. Rated PG (mild peril, rude humor) 87 minutes

Synopsis courtesy www.AAFES.com  
Show times courtesy 332nd Expeditionary Services Squadron